

## EPICUREAN ESSENTIALS

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### Pasta Primavera with Fennel and Cod

note: all quantities are approximate and need not be exact.

- ½ lb. pasta, any shape
- 2 T. olive oil or olive oil and butter mixed
- 2 small fennel bulbs, sliced (fronds removed, chopped and set aside for garnish)
- 1 medium onion, chopped
- 2 medium carrots, sliced on the bias
- 6 large cloves garlic, thinly sliced
- 1 lb. cod fillet, skinned and boned
- ½ lemon, juiced
- ¼ c. vermouth
- 1 c. steamed broccoli or frozen peas
- 1 c. cherry or grape tomatoes, halved
- 2-3 T. fresh basil chiffonade (may also use a combination of basil, oregano and thyme)
- grated parmesan cheese, to taste
- salt and pepper to taste

Prepare a large pot of salted water to boil and time the beginning of pasta cooking so it is finished as close to the same time as the vegetables and fish are ready.

Heat the oil (or oil and butter) in a large heavy skillet over medium to medium-high heat. Add the fennel, onion and carrot cooking until nearly soft, about 10 minutes. Add the garlic and cook until garlic and other vegetables are tender, about 2 minutes more. Remove vegetables from the pan and set aside.

If needed, add a bit more oil to the pan and increase heat to medium-high. Season cod with salt and pepper, add to pan and sear on both sides. When cod is cooked through, about 8 minutes, return vegetables to the pan and add lemon juice, vermouth, broccoli (or peas), halved tomatoes and minced herbs. Stir together and cook until all vegetables are heated through, about 5-7 minutes. Adjust seasoning with salt and pepper keepin in mind that the parmesan cheese will add saltiness to the dish.

Toss together the cooked pasta, vegetables, fish and parmesan cheese. Serve in shallow pasta bowls garnished with fennel fronds.

Serves: 2-4 depending on appetite